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PRESS RELEASE

Stories from the ‘Silent Epidemic’ of Lymphedema

*Lymphedema, or chronic swelling due to lymphatic fluid, affects 3-5 million Americans including 20-40% of cancer survivors. Lymphedema is so little known—even among doctors—that it has been called a ‘silent epidemic.’ **Voices of Lymphedema** breaks this silence as patients and therapists share their experiences and their wisdom.*

San Francisco, California (PRWEB) October 9, 2007 – Lymph Notes has published an exciting new book **Voices of Lymphedema: stories, advice, and inspiration from patients and therapists** in which 80 patients and therapists share their stories and tips for living well with lymphedema.

Chronic swelling caused by lymphatic fluid, or lymphedema, affects 3-5 million Americans including 20-40% of cancer survivors, and yet most people have never heard of it and many doctors can’t diagnosis it. Untreated lymphedema can be painful, disfiguring, disabling, and deadly. There is effective treatment that can break the cycle of repeated infections and reverse lymphedema-related disability but many doctors consider the condition to be untreatable. Medicare and other payment plans may not cover any or all of the costs of treatment.

Voices will raise the profile of lymphedema while providing practical advice and comfort for those with, or at risk for developing, this chronic condition. This book features advice on getting a diagnosis and finding treatment, solutions to common problems and practical tips on self-care, information on activities and travel, support groups and outreach to the medical community, and issues in treatment coverage and reimbursement.

Stories include: How AZ lost hundreds of pounds in his leg and regained his mobility after being bed-ridden for thirty years; How Francis was able to control her swelling, break the cycle of repeated infections and hospitalizations, and return to a normal life.

“An excellent resource for lymphedema patients, therapists, and other health care practitioners. It’s a book that should be required reading in all schools that turn out healthcare providers.”

Kathryn McKillip Thrift, BS, CLT-LANA



2929 Webster Street
San Francisco, CA 94123

Book Details

Title: Voices of Lymphedema: stories, advice, and inspiration from patients and therapists

Authors: Edited by Ann B. Ehrlich and Elizabeth McMahon, PhD, Foreword by Calina Burns

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About the Editors

Ann Ehrlich and Elizabeth McMahon are coauthors of **Living Well With Lymphedema** (Lymph Notes 2005). Ann is a professional medical writer and breast cancer survivor with secondary lymphedema. Elizabeth is a clinical psychologist and author of **Overcoming the Emotional Challenges of Lymphedema** (Lymph Notes 2005).

About Lymph Notes

Lymph Notes publishes high quality health information in print and online. www.LymphNotes.com is an online information and referral resource and an online support community for those with lymphedema, their family and friends, and the healthcare professionals who treat them.

Media Contact:

Ann Ehrlich, editor

Ann@LymphNotes.com

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